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**The relation between lifestyle and metabolic evaluation in women with a history of
gestational diabetes in 2019-2020**

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فهرست کوتاه نوشته ها

GDM	Gestational Diabetes Mellitus
HDL	High-density lipoprotein
DM	Diabetes Mellitus
OGTT	Oral Glucose Tolerance Test
FBS	Fasting Blood Sugar
BMI	Body mass index
TG	Tri glyceride
LDL	low-Density Lipoprotein
PCOS	Poly cystic ovary syndrome
IDDM	Insulin-Dependent Diabetes Mellitus
VD3	Vitamin D3
IGT	Impaired Glucose Tolerance
BP	Blood Pressure
NDDG	National Diabetes Data Group
IDF	International Diabetes Federation
NCEP	National Cholesterol Education Program

مقدمه و هدف: امروزه از سبک زندگی به عنوان یکی از عوامل موثر در سلامت نام برده می شود. دیابت از جمله بیماری های مزمن است و دلیل اغلب بیماری های مزمن، سبک زندگی ناسالم است، بنابراین باید منشاء بوجودآورنده این بیماری ها، یعنی سبک زندگی و رفتار فرد مورد توجه قرار بگیرد. یکی از شایع ترین بیماری های متابولیک در دوران بارداری، دیابت بارداری است که ممکن است منجر به دیابت نوع ۲ و سندرم متابولیک در آینده شود. با توجه به موارد فوق مطالعه حاضر به منظور بررسی رابطه بین سبک زندگی با سندرم متابولیک در زنان با سابقه دیابت بارداری صورت گرفت.

روش: مطالعه حاضر از نوع مقطعی بود که ۵ سال پس از زایمان در پایگاه های بهداشتی شهر کرمان با حجم نمونه کلی ۹۰ نفر، شامل ۴۵ نفر از زنان با سابقه دیابت بارداری و ۴۵ نفر بدون سابقه دیابت بارداری در سال ۱۳۹۹-۱۳۹۸ انجام شد. در این مطالعه از سه پرسشنامه (شامل پرسشنامه مشخصات دموگرافیک، پرسشنامه محقق ساخته عدم پیگیری دیابت و پرسشنامه استاندارد شده سبک زندگی واکر) استفاده شد و همچنین برای شرکت کنندگان آزمایش های مربوط به ارزیابی متابولیکی و ویتامین دی انجام شد. و فشارخون و دور کمر نیز اندازه گیری شد. تجزیه و تحلیل داده ها با استفاده از نرم افزار SPSS 21 و آزمون های پیرسون، مقایسه میانگین دو جامعه مستقل (t-test)، آزمون کولموگوروف-اسمیرنوف، آزمون کای مربع، آزمون اسپیرمن و آزمون فیشر انجام گرفت.

یافته ها: در مطالعه حاضر سبک زندگی در دو گروه تفاوتی نشان نداد ($pvalue = 0/058$)، اما اختلاف ارزیابی متابولیکی در دو گروه معنادار بود ($p value = 0/030$) و گروه مورد از این نظر در وضعیت بدتری قرار داشتند. متغیرهای تغذیه، حمایت بین فردی، حفظ روابط همراه با احساس نزدیکی و خود شکوفایی، فشارخون، دور کمر، ویتامین دی و HDL با ($pvalue > 0/05$) در دو گروه متفاوت نبود. متغیرهای ورزش، مسئولیت پذیری در مورد سلامت، مدیریت استرس، قند خون و تری گلیسرید با ($pvalue \leq 0/05$) در دو گروه متفاوت است و در گروه مورد وضعیت بدتری داشت. در گروه کنترل میانگین نمره ورزش، مسئولیت پذیری در مورد سلامت و مدیریت استرس بالاتر بود و میزان قند خون و تری گلیسرید آنها نسبت به گروه مورد کمتر بود.

همچنین در گروه‌های مورد ($P=0/075$) و کنترل ($P=0/819$)، بین سبک زندگی با ارزیابی متابولیکی پنج سال بعد از زایمان رابطه‌ای وجود نداشت.

نتیجه‌گیری: ارزیابی متابولیکی بین زنان با سابقه دیابت بارداری و بدون سابقه دیابت بارداری حتی چند سال پس از زایمان متفاوت است. زنان با سابقه دیابت بارداری از نظر ارزیابی متابولیکی در وضعیت بدتری قرار دارند و قند خون ناشتا بالاتر از گروه کنترل بود. لذا زنان با دیابت بارداری بعد از زایمان هم بیشتر از بقیه زنان در معرض ابتلا به مشکلات متابولیکی هستند.

کلیدواژه: سبک زندگی، ارزیابی متابولیکی، زنان، دیابت بارداری

Abstract :

Introduction & Objective : Today, lifestyle is mentioned as one of the effective factors in health. Diabetes is a chronic disease and the cause of most chronic diseases is an unhealthy lifestyle, so the origin of the cause of these diseases, namely the lifestyle and behavior of the person should be considered. One of the most common metabolic diseases during pregnancy is gestational diabetes, which may lead to type 2 diabetes and metabolic syndrome in the future. According to the above, the present study was performed to investigate the relationship between lifestyle and metabolic syndrome in women with a history of gestational diabetes.

Method: The present study was a cross-sectional study that was performed 5 years after delivery in health centers of Kerman with a total sample size of 90 people, including 45 women with a history of gestational diabetes and 45 people without a history of gestational diabetes in 2019-2020. In this study, three questionnaires (including demographic characteristics questionnaire, diabetes non-follow-up questionnaire and Walker standardized lifestyle questionnaire) were used and also tests related to metabolic assessment and vitamin D were performed for the participants. Blood pressure and waist circumference were also measured. Blood pressure and waist circumference were also measured. Data were analyzed using SPSS 21 software and Pearson tests, comparing the means of two independent populations (t-test), Kolmogorov-Smirnov test, chi-square test, Spearman test and Fisher test.

Results : In the present study, lifestyle did not differ between the two groups. (pvalue = 0.058), but the difference in metabolic evaluation between the two groups was significant (p value = 0.030) and the case group was in a worse position in this regard. Nutrition, interpersonal support, maintaining relationships with feelings of closeness and self-fulfillment, blood pressure, waist circumference, vitamin D and HDL (p value > 0.05) were not different in the two groups. The variables of exercise, health responsibility, stress management, blood sugar and triglyceride with p value 0.05) were different in the two groups and were worse in the case group. In the control group, the mean exercise score, responsibility for health and stress management were higher and their blood sugar and triglyceride levels were lower than the case group. Also, in the case groups (P = 0.075 and control (P = 0.819), there was no relationship between lifestyle and metabolic evaluation five years after delivery.

Conclusion : Metabolic evaluation is different between women with a history of gestational diabetes and without a history of gestational diabetes even a few years after delivery. Women with a history of gestational diabetes had a worse metabolic rate and fasting blood sugar was higher than the control group. Therefore, women with postpartum gestational diabetes are more prone to metabolic problems than other women.

Keywords : Lifestyle, Metabolic evaluation,

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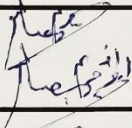
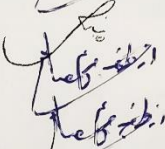
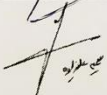

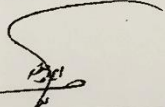
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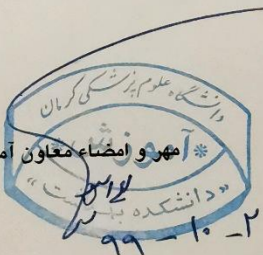
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تاریخ	بسمه تعالی	شماره	پوست
<div style="text-align: right;">  </div> <div style="text-align: center;"> صورتجلسه دفاع از پایان نامه </div>			
<div style="text-align: right;"> دانشگاه علوم پزشکی کرمان تحصیلات تکمیلی دانشگاه </div> <p>جلسه دفاعیه پایان نامه تحصیلی خواهشمند است نظر خود را در مورد پایان نامه خانم عصمت بهادر دانشجوی کارشناسی ارشد رشته آموزش بهداشت و ارتقاء سلامت تحت عنوان "بررسی رابطه سبک زندگی با ارزیابی متابولیکی در زنان دارای سابقه دیابت بارداری در شهر کرمان در سال 1399-1398" به راهنمایی خانم دکتر مریم صابر - آقای دکتر محمد مهدی فداکار اعلام نمائید. در ساعت 12 روز دوشنبه مورخ 99/09/10 با حضور اعضای محترم هیات داوران متشکل از:</p>			
امضا	نام و نام خانوادگی	سمت	
	خانم دکتر مریم صابر آقای دکتر محمد مهدی فداکار	الف: استاد(ان) راهنما	
	خانم دکتر نرگس خانجانی خانم دکتر بتول حسینی خانم دکتر حدیثه صفی نژاد	ب: استاد(ان) مشاور	
	خانم دکتر سمیه علیزاده	ج: عضو هیات داوران (داخلی)	
	خانم دکتر کتایون علیدوستی	د: عضو هیات داوران (خارجی)	
	آقای دکتر عابدین ایرانپور	ه: نماینده تحصیلات تکمیلی	

تشکیل گردید و ضمن ارزیابی به شرح پیوست با درجه عالی و نمره ۱۹۷ نمره ۲۶ مورد تأیید قرار گرفت.



* مهر و امضاء معاون آموزشی

۹۹-۱۰-۲